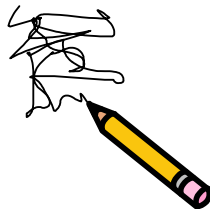




broke something



scribbled on something



hurt

an



adult



hurt

a



child



was unsafe



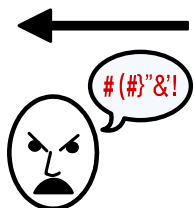
took my clothes off



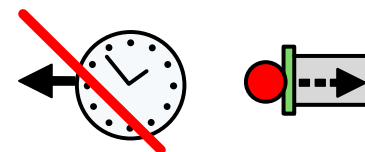
What happened?



wasn't respectful



swore

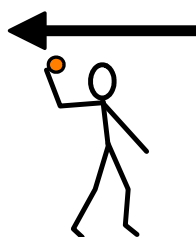


wasn't

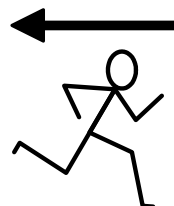
ready



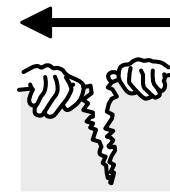
didn't listen



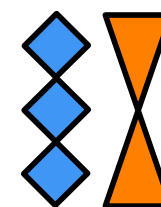
threw something



ran off



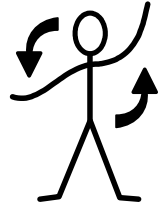
tore my work



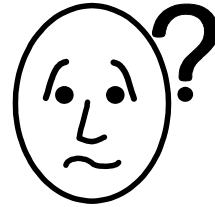
something different



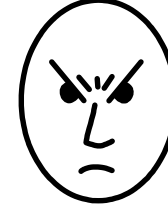
worried



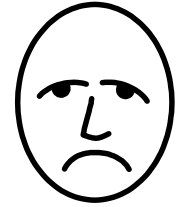
fidgety



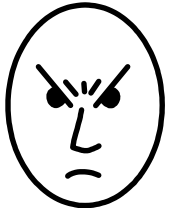
confused



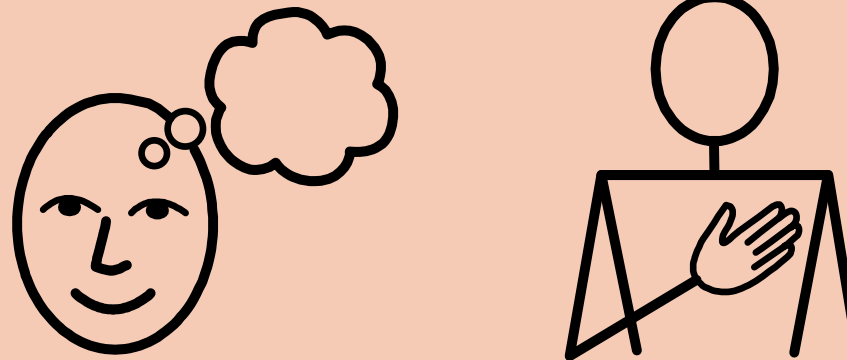
angry



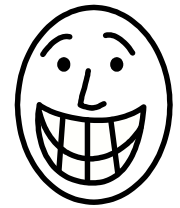
sad



irritated



What were you thinking or feeling?



excited



giggly



distracted



silly



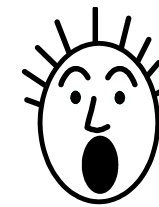
hungry



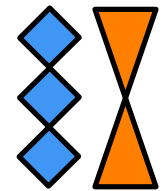
thirsty



anxious



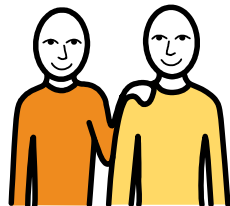
scared



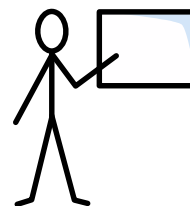
something different



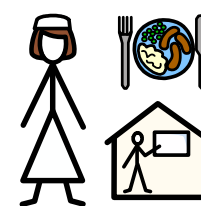
me



a friend



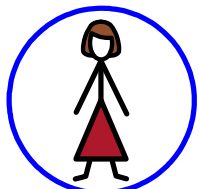
a teacher



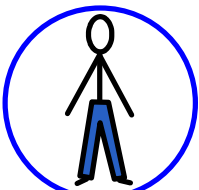
a MDS



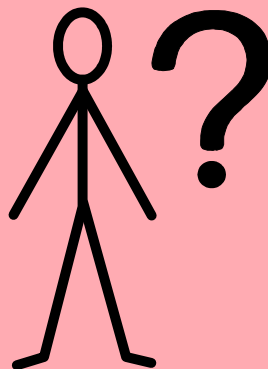
my class



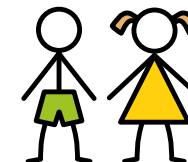
my mum



my dad



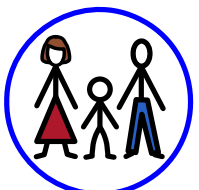
Who has been affected?



other children



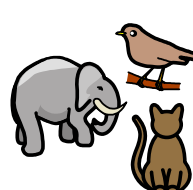
group



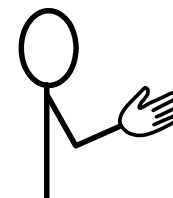
my family



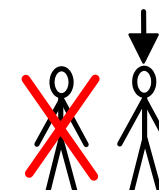
people in the community



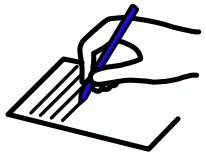
animals



my carer



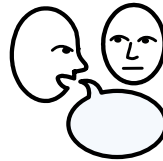
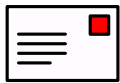
someone else



write it down



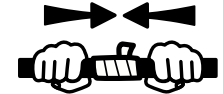
write a letter



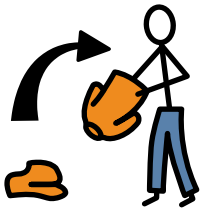
talk to someone



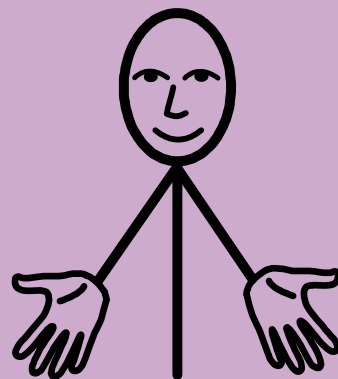
say sorry



fix something



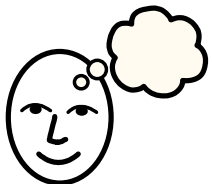
get dressed



What needs to happen to put it right?



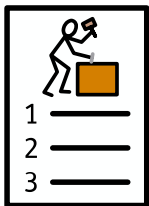
tidy up



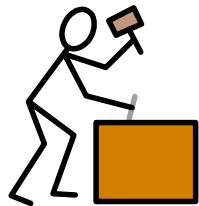
have thinking time



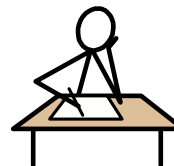
clean something



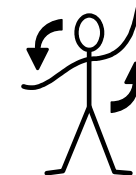
make a plan



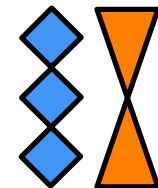
practise



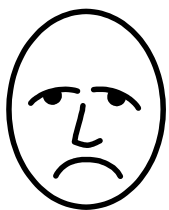
finish my work



get energy out



something different



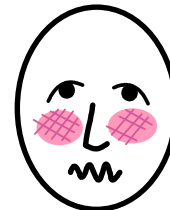
sad



sorry



guilty



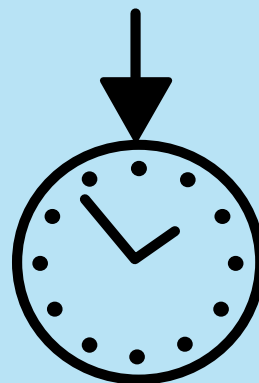
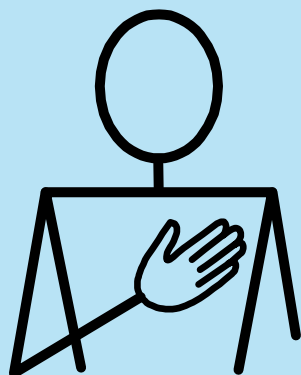
ashamed



scared



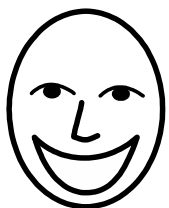
good



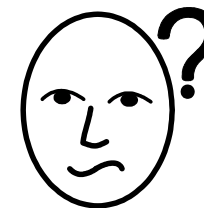
How do you feel now?



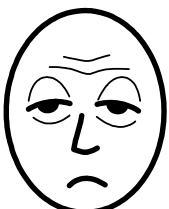
worried



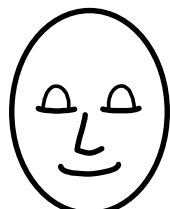
happy



unsure



tired



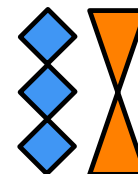
calm



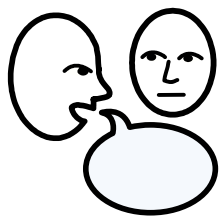
better



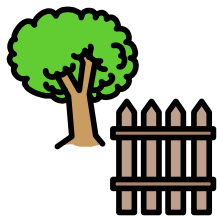
okay



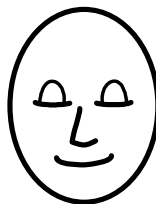
something different



talk to an adult



ask to go outside



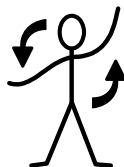
go to a calm space



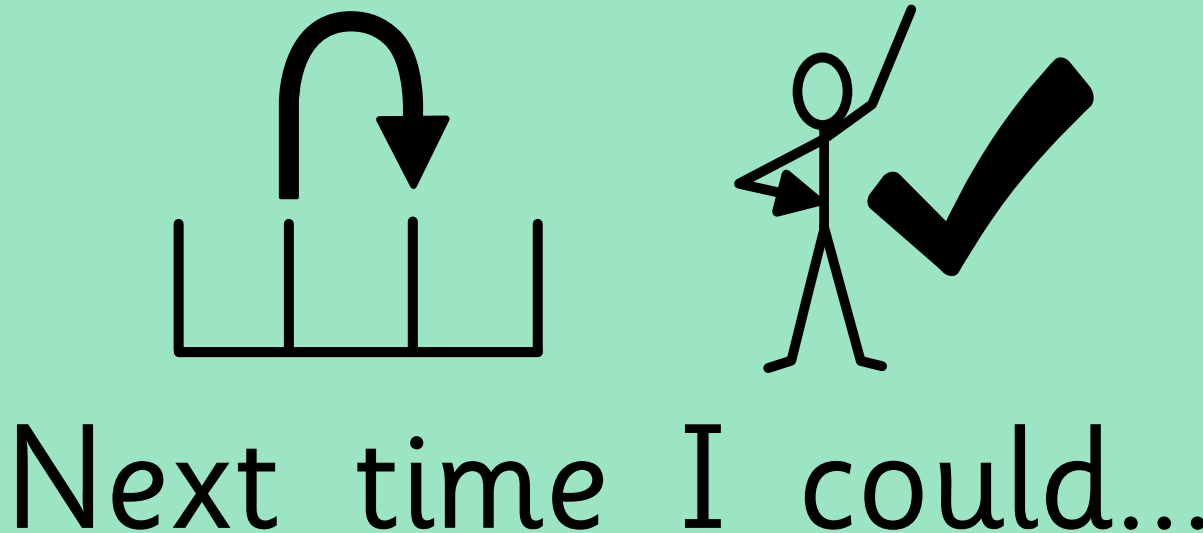
go for a run



get a fidget toy



physical checklist

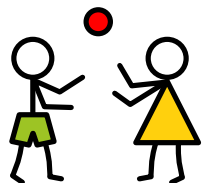


Next time I could...

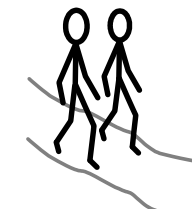


1 2 3

count to 10



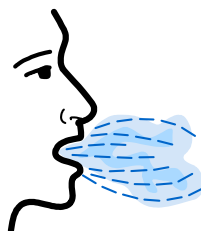
play with someone else



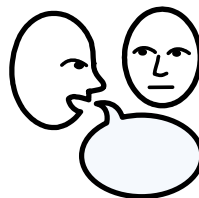
walk away



ask for help



take deep breaths



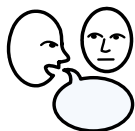
tell someone how I feel



have a drink



something different



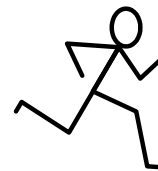
to talk to an adult



to go outside



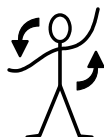
to go to a calm space



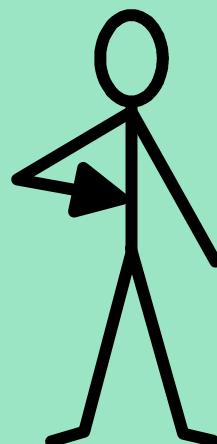
to go for a run



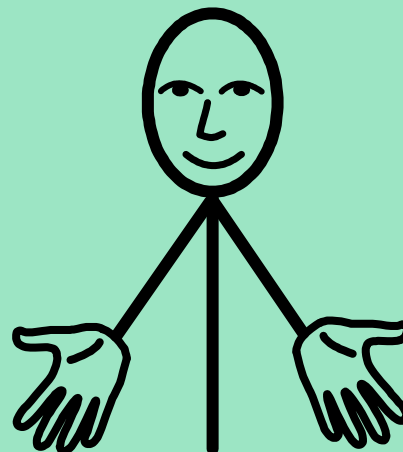
to get a fidget toy



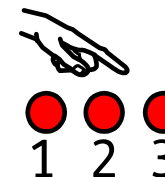
my physical checklist



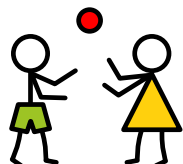
I



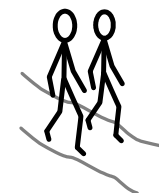
need...



to count to 10



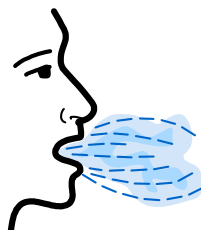
to play with someone else



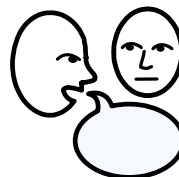
to walk away



help



to take deep breaths



to tell someone how I feel



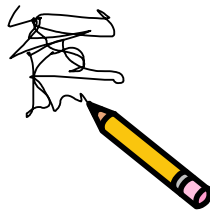
to have a drink



something different



broke something



scribbled on something



hurt

an



adult



hurt

a



child



was unsafe



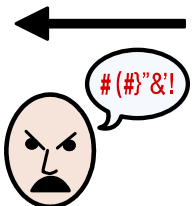
took my clothes off



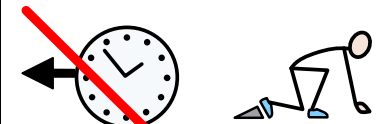
What happened?



wasn't respectful



swore

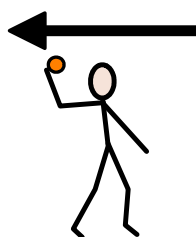


wasn't

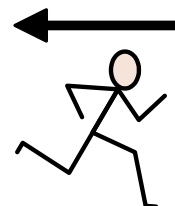
ready



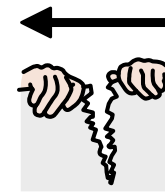
didn't listen



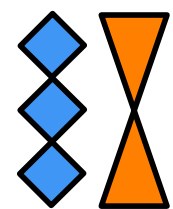
threw something



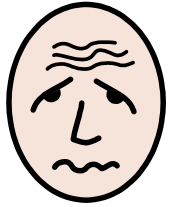
ran off



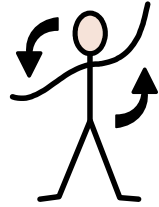
tore my work



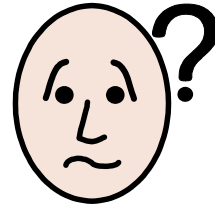
something different



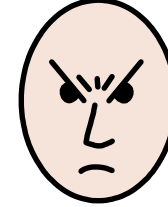
worried



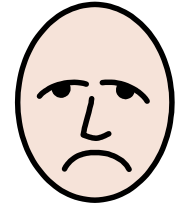
fidgety



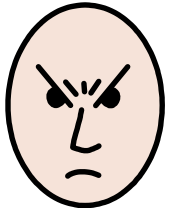
confused



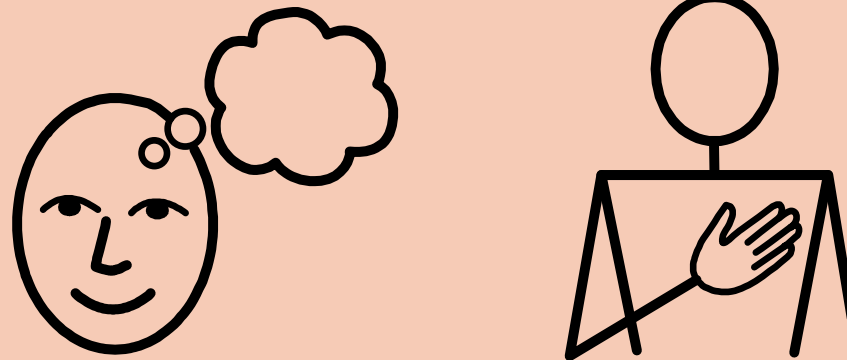
angry



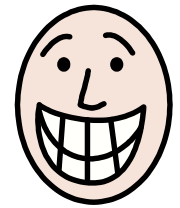
sad



irritated



What were you thinking or feeling?



excited



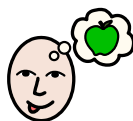
giggly



distracted



silly



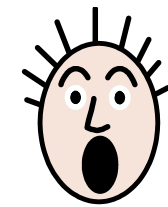
hungry



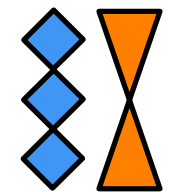
thirsty



anxious



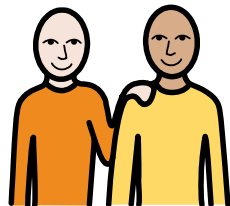
scared



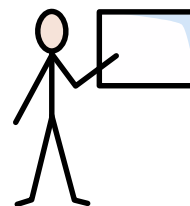
something different



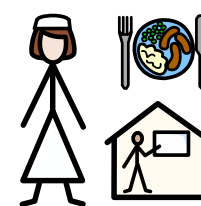
me



a friend



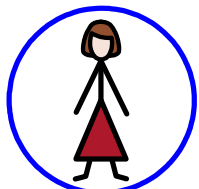
a teacher



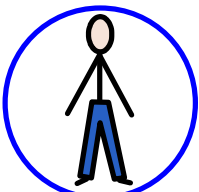
a MDS



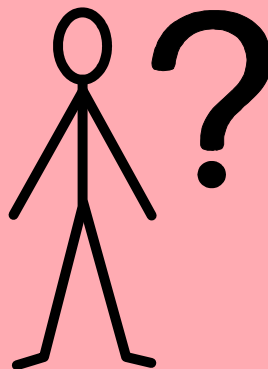
my class



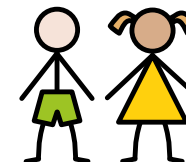
my mum



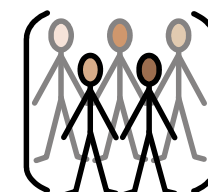
my dad



Who has been affected?



other children



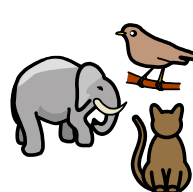
group



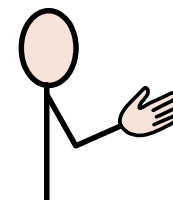
my family



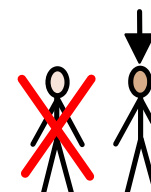
people in the community



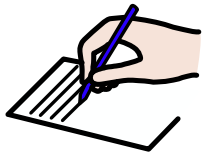
animals



my carer



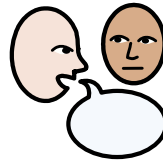
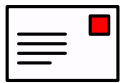
someone else



write it down



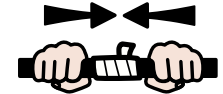
write a letter



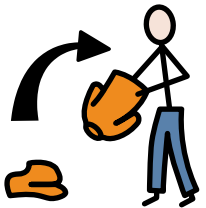
talk to someone



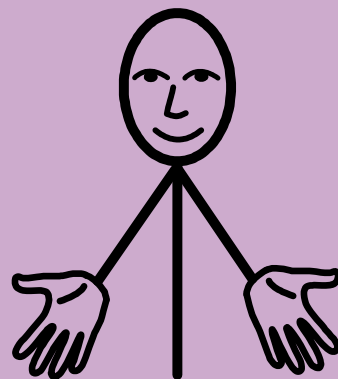
say sorry



fix something



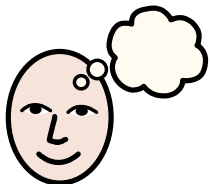
get dressed



What needs to happen to put it right?



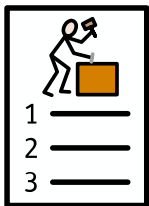
tidy up



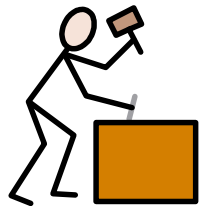
have thinking time



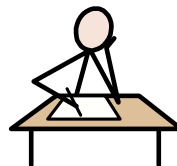
clean something



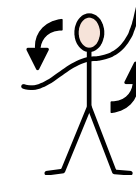
make a plan



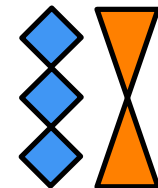
practise



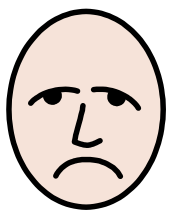
finish my work



get energy out



something different



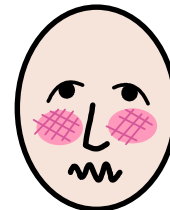
sad



sorry



guilty



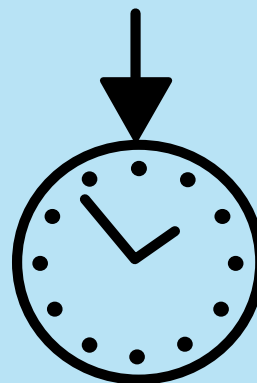
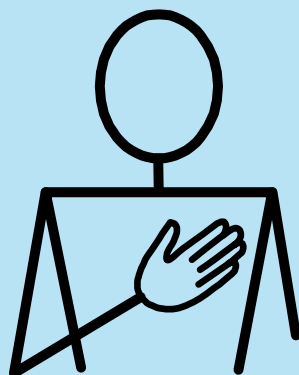
ashamed



scared



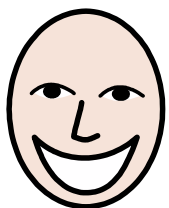
good



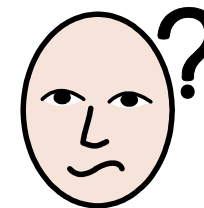
How do you feel now?



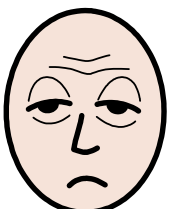
worried



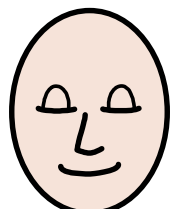
happy



unsure



tired



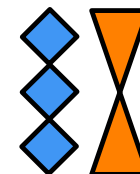
calm



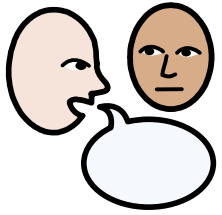
better



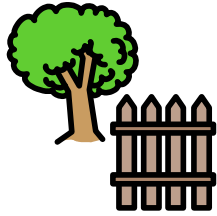
okay



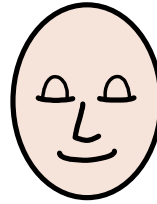
something different



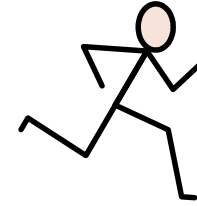
talk to an adult



ask to go outside



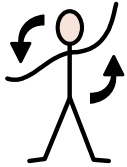
go to a calm space



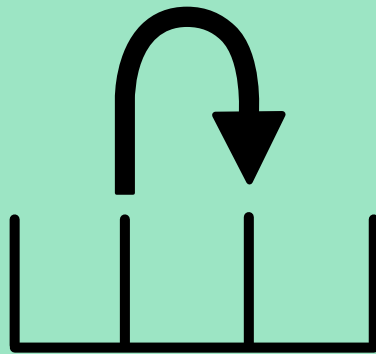
go for a run



get a fidget toy



physical checklist

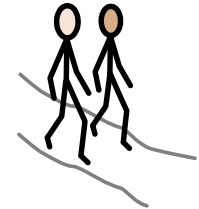


Next time I could...

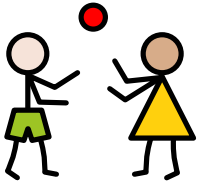


1 2 3

count to 10



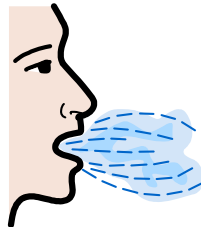
walk away



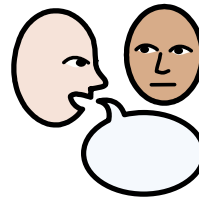
play with someone else



ask for help



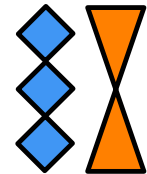
take deep breaths



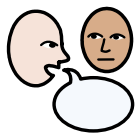
tell someone how I feel



have a drink



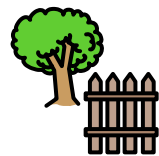
something different



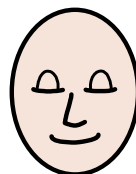
to talk to an adult



to go



outside



to go to a calm space



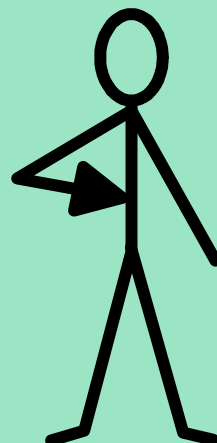
to go for a run



to get a fidget toy



my physical checklist



I

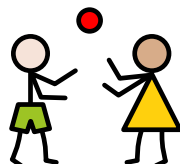


need...

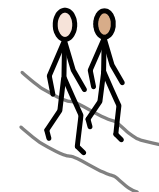


1 2 3

to count to 10



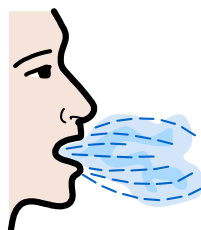
to play with someone else



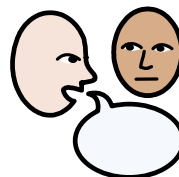
to walk away



help



to take deep breaths



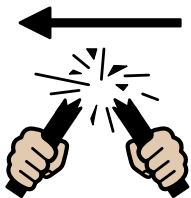
to tell someone how I feel



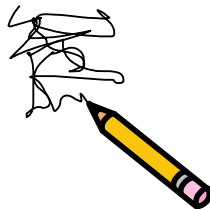
to have a drink



something different



broke something



scribbled on something



hurt

an



adult

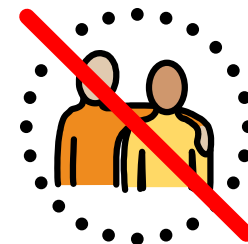


hurt

a



child



was unsafe



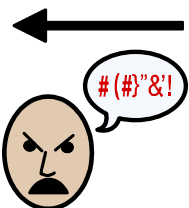
took my clothes off



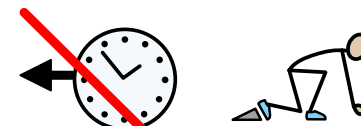
What happened?



wasn't respectful



swore

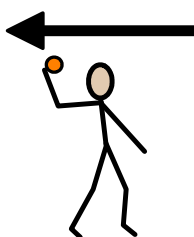


wasn't

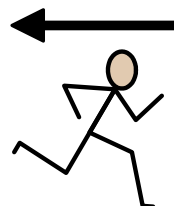
ready



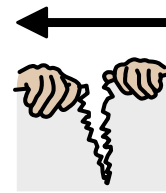
didn't listen



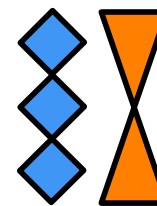
threw something



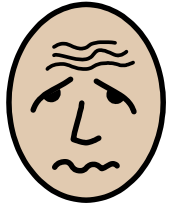
ran off



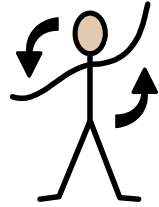
tore my work



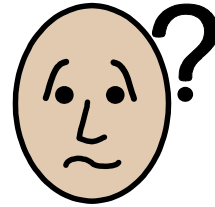
something different



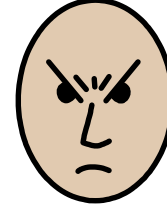
worried



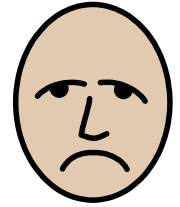
fidgety



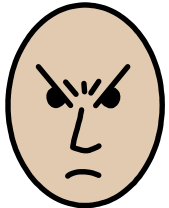
confused



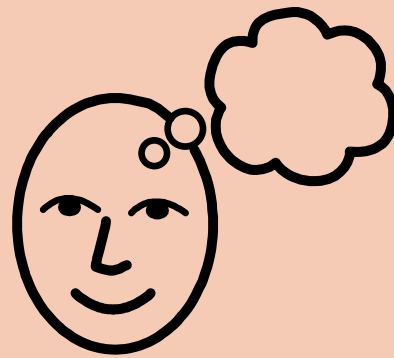
angry



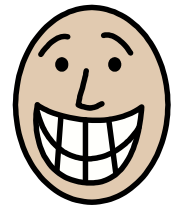
sad



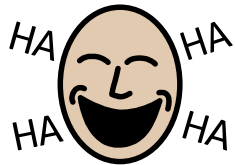
irritated



What were you thinking or feeling?



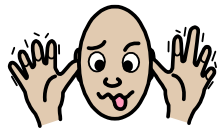
excited



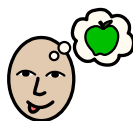
giggly



distracted



silly



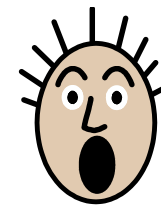
hungry



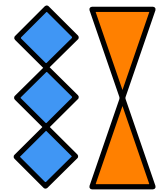
thirsty



anxious



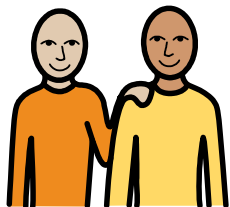
scared



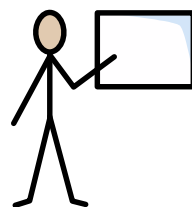
something different



me



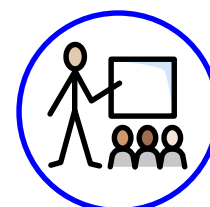
a friend



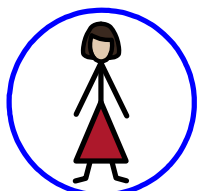
a teacher



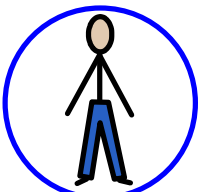
a MDS



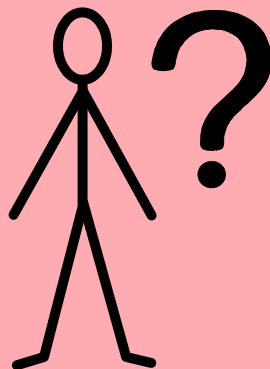
my class



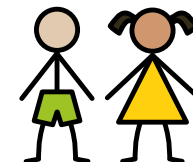
my mum



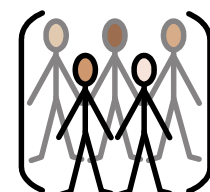
my dad



Who has been affected?



other children



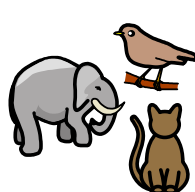
group



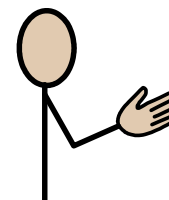
my family



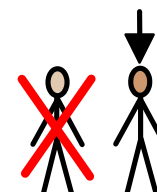
people in the community



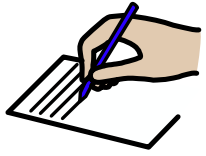
animals



my carer



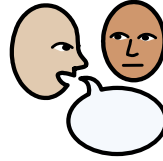
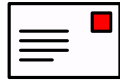
someone else



write it down



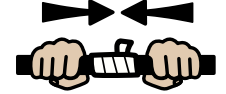
write a letter



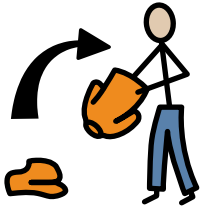
talk to someone



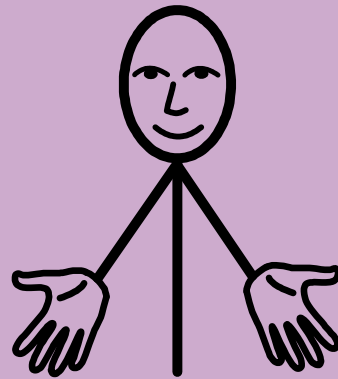
say sorry



fix something



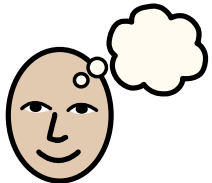
get dressed



What needs to happen to put it right?



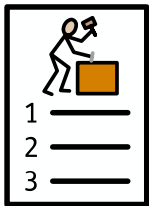
tidy up



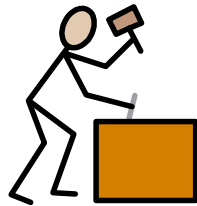
have thinking time



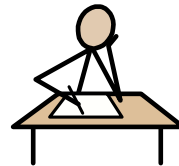
clean something



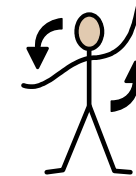
make a plan



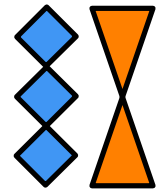
practise



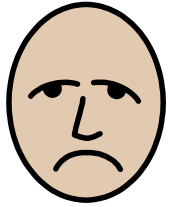
finish my work



get energy out



something different



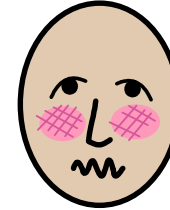
sad



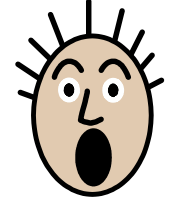
sorry



guilty



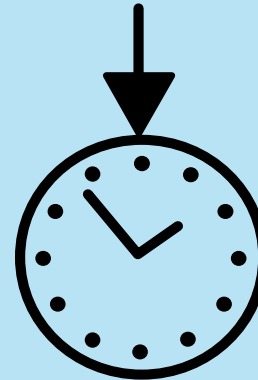
ashamed



scared



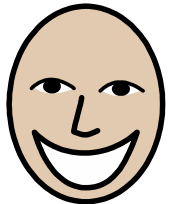
good



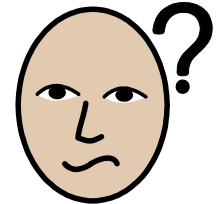
How do you feel now?



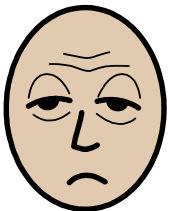
worried



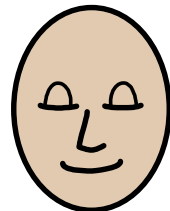
happy



unsure



tired



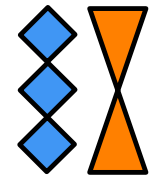
calm



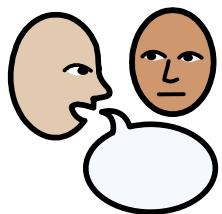
better



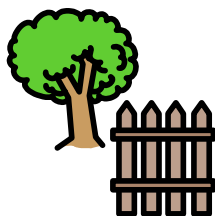
okay



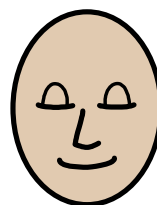
something different



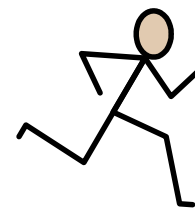
talk to an adult



ask to go outside



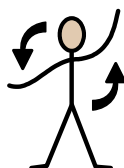
go to a calm space



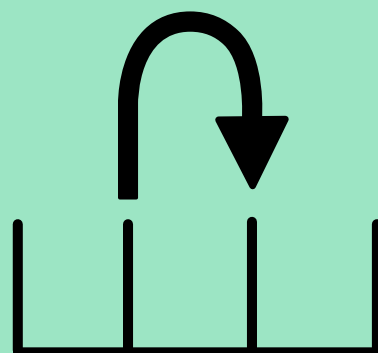
go for a run



get a fidget toy



physical checklist

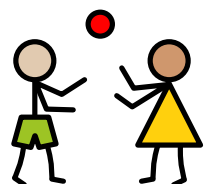


Next time I could...

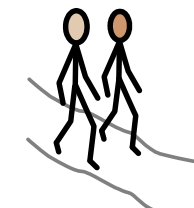


1 2 3

count to 10



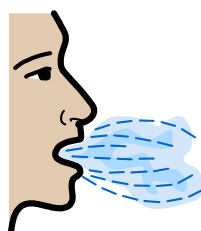
play with someone else



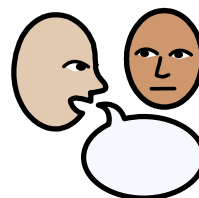
walk away



ask for help



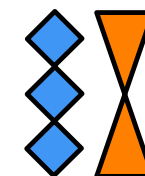
take deep breaths



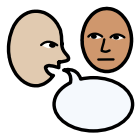
tell someone how I feel



have a drink



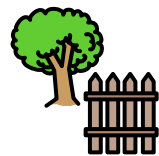
something different



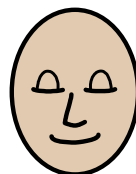
to talk to an adult



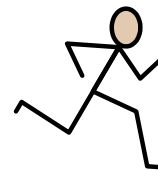
to go



outside



to go to a calm space



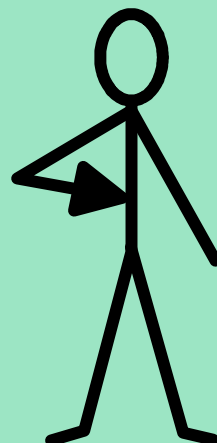
to go for a run



to get a fidget toy



my physical checklist



I

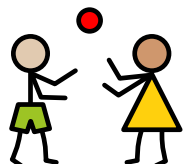


need...

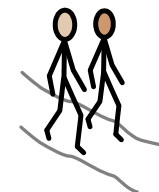


1 2 3

to count to 10



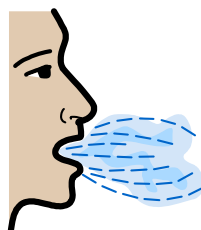
to play with someone else



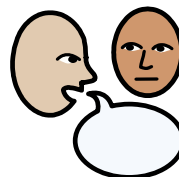
to walk away



help



to take deep breaths



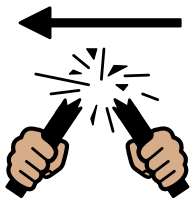
to tell someone how I feel



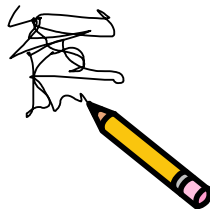
to have a drink



something different



broke something



scribbled on something



hurt

an



adult



hurt

a



child



was unsafe



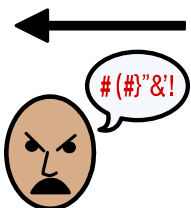
took my clothes off



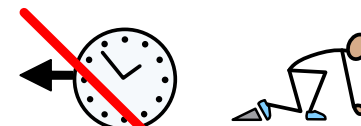
What happened?



wasn't respectful



swore

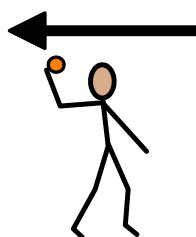


wasn't

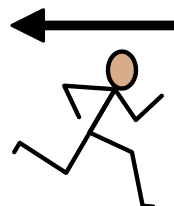
ready



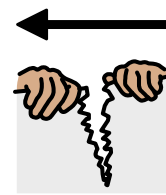
didn't listen



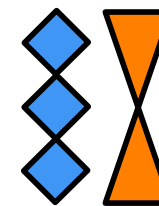
threw something



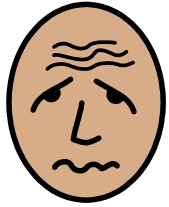
ran off



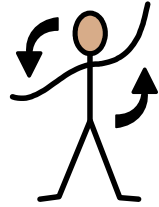
tore my work



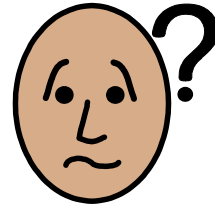
something different



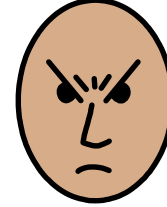
worried



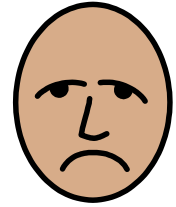
fidgety



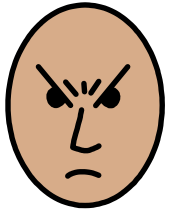
confused



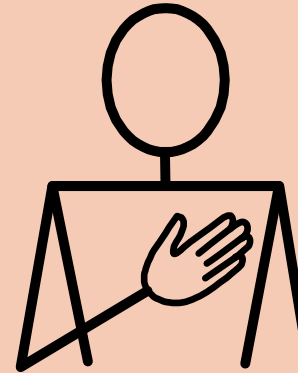
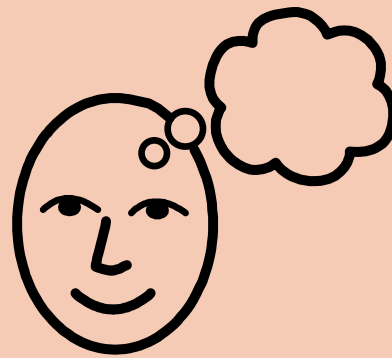
angry



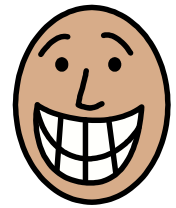
sad



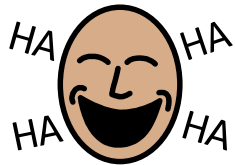
irritated



What were you thinking or feeling?



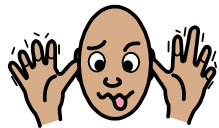
excited



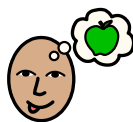
giggly



distracted



silly



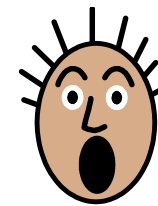
hungry



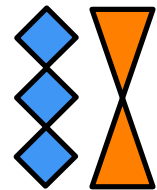
thirsty



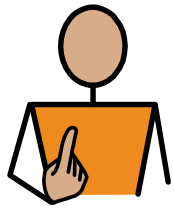
anxious



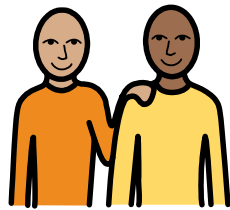
scared



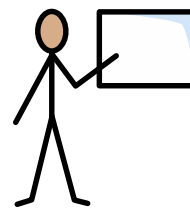
something different



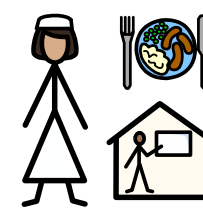
me



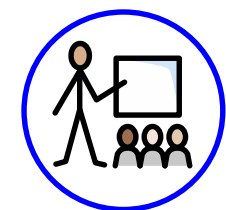
a friend



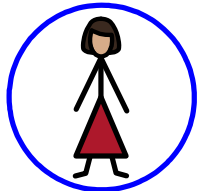
a teacher



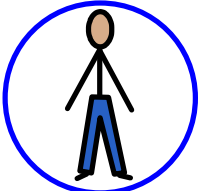
a MDS



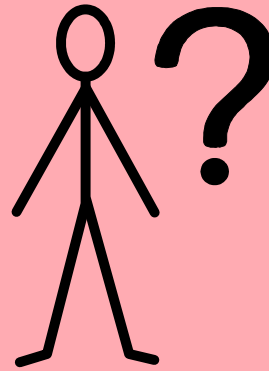
my class



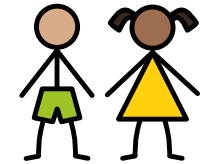
my mum



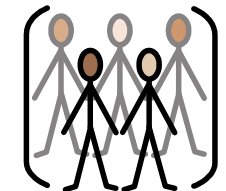
my dad



Who has been affected?



other children



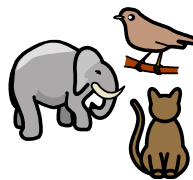
group



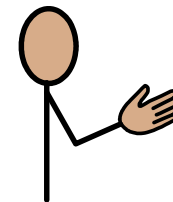
my family



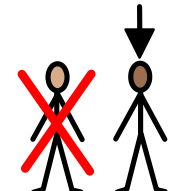
people in the community



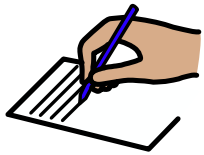
animals



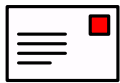
my carer



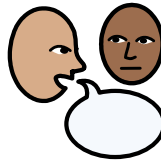
someone else



write it down



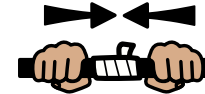
write a letter



talk to someone



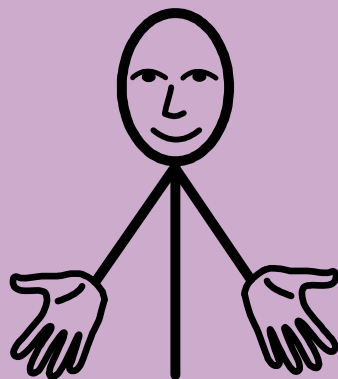
say sorry



fix something



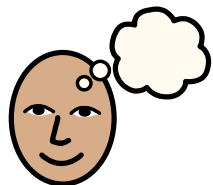
get dressed



What needs to happen to put it right?



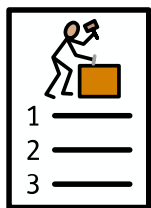
tidy up



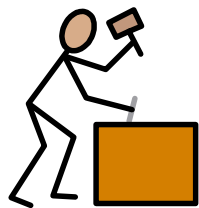
have thinking time



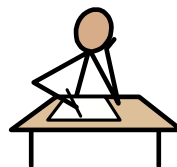
clean something



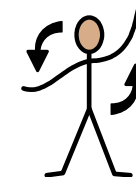
make a plan



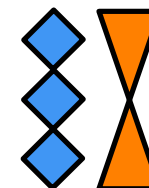
practise



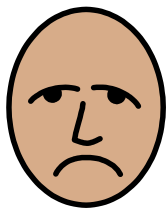
finish my work



get energy out



something different



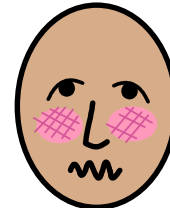
sad



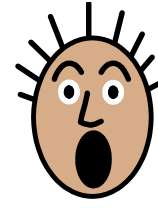
sorry



guilty



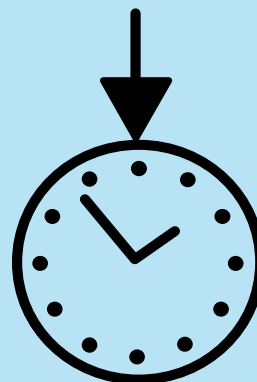
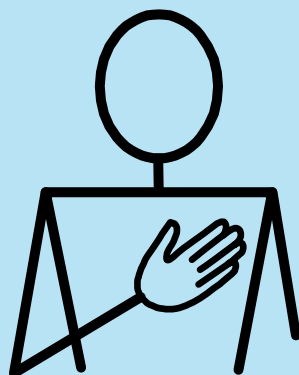
ashamed



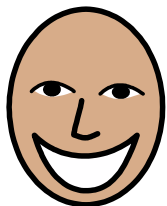
scared



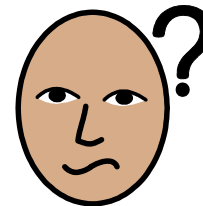
good



worried

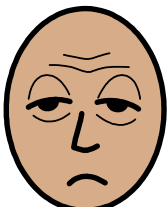


happy

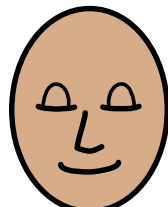


unsure

How do you feel now?



tired



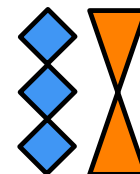
calm



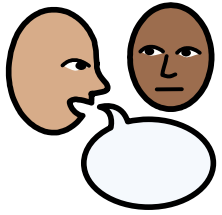
better



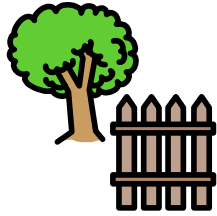
okay



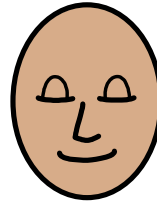
something different



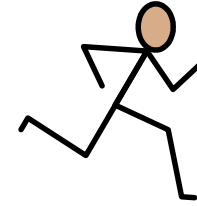
talk to an adult



ask to go outside



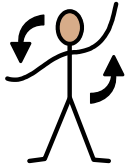
go to a calm space



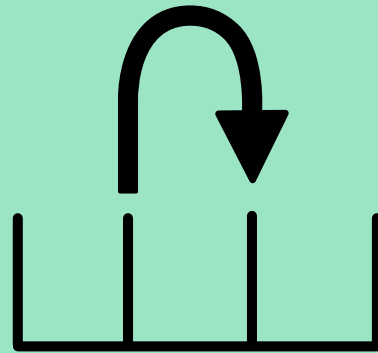
go for a run



get a fidget toy



physical checklist

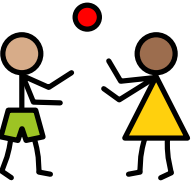


Next time I could...

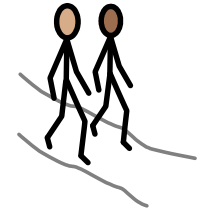


1 2 3

count to 10



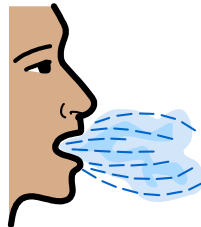
play with someone else



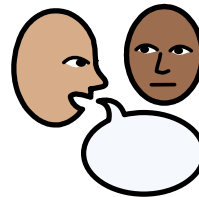
walk away



ask for help



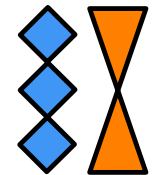
take deep breaths



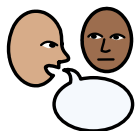
tell someone how I feel



have a drink



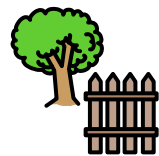
something different



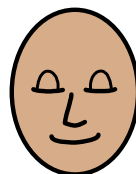
to talk to an adult



to go



outside



to go to a calm space



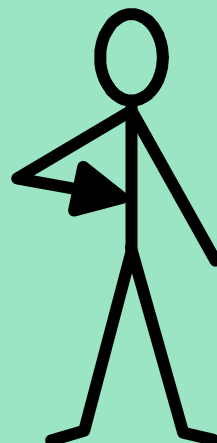
to go for a run



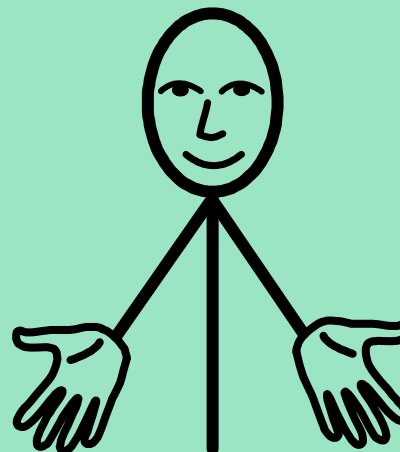
to get a fidget toy



my physical checklist



I

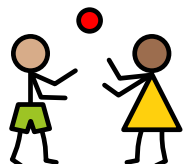


need...

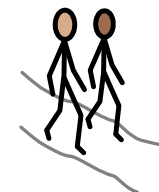


1 2 3

to count to 10



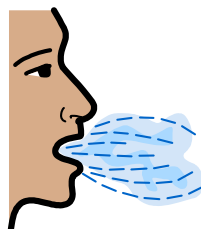
to play with someone else



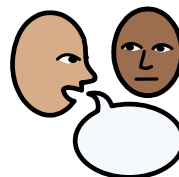
to walk away



help



to take deep breaths



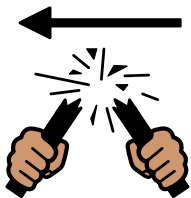
to tell someone how I feel



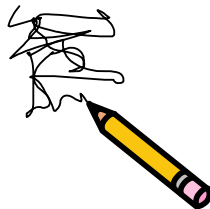
to have a drink



something different



broke something



scribbled on something



hurt

an



adult



hurt

a



child



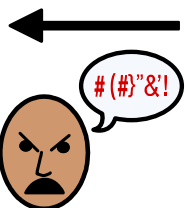
was unsafe



took my clothes off



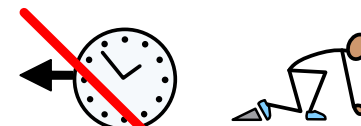
wasn't respectful



swore



What happened?

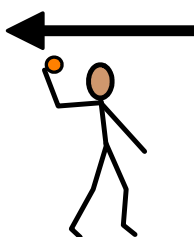


wasn't

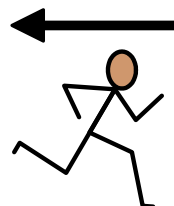
ready



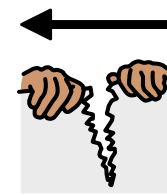
didn't listen



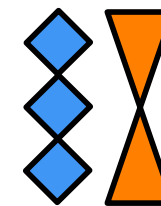
threw something



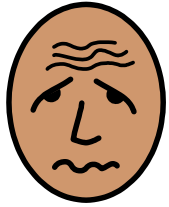
ran off



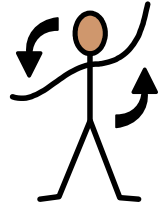
tore my work



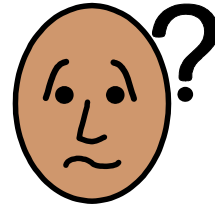
something different



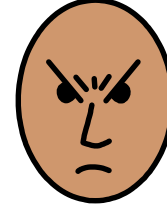
worried



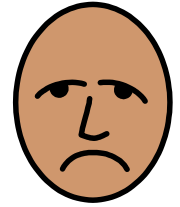
fidgety



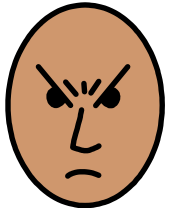
confused



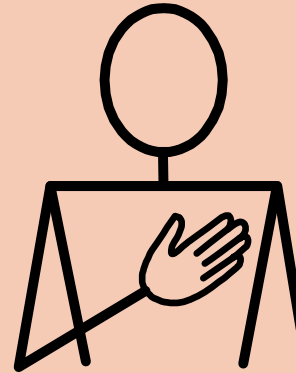
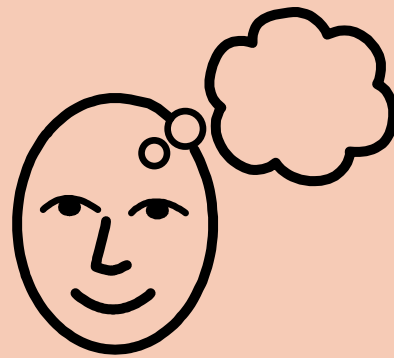
angry



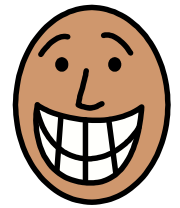
sad



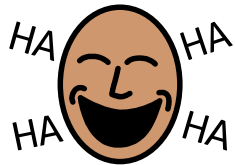
irritated



What were you thinking or feeling?



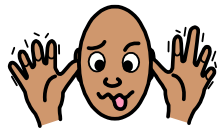
excited



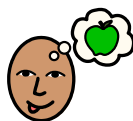
giggly



distracted



silly



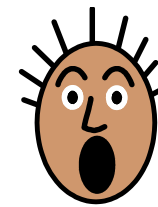
hungry



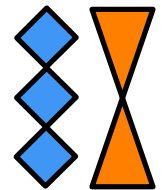
thirsty



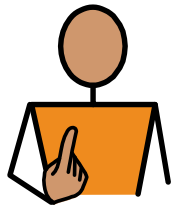
anxious



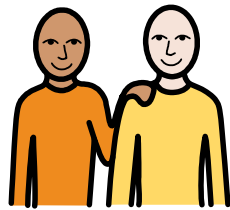
scared



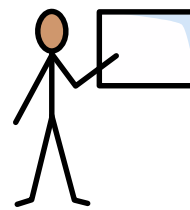
something different



me



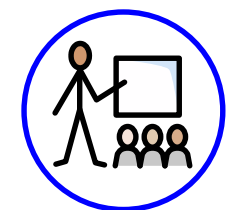
a friend



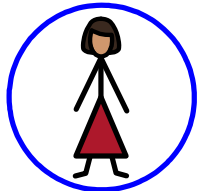
a teacher



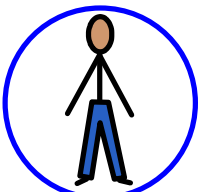
a MDS



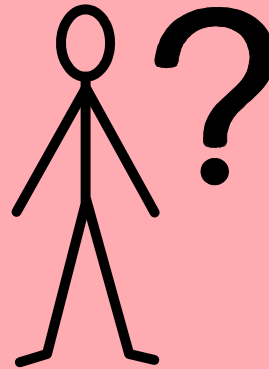
my class



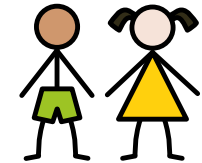
my mum



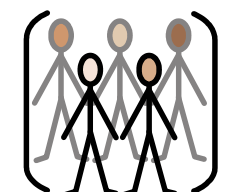
my dad



Who has been affected?



other children



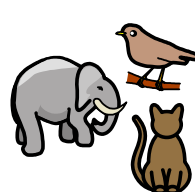
group



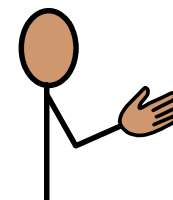
my family



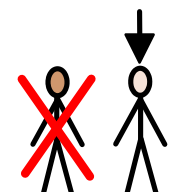
people in the community



animals



my carer



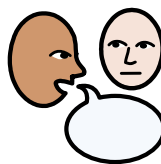
someone else



write it down



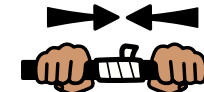
write a letter



talk to someone



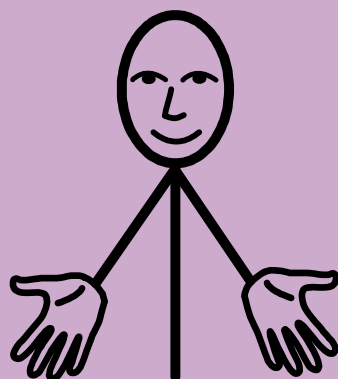
say sorry



fix something



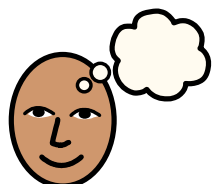
get dressed



What needs to happen to put it right?



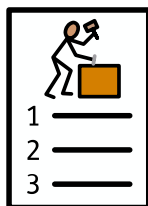
tidy up



have thinking time



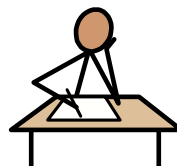
clean something



make a plan



practise



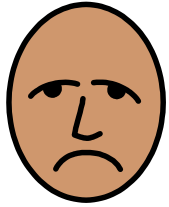
finish my work



get energy out



something different



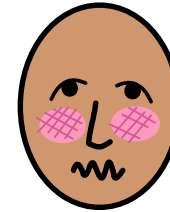
sad



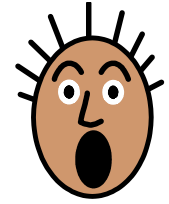
sorry



guilty



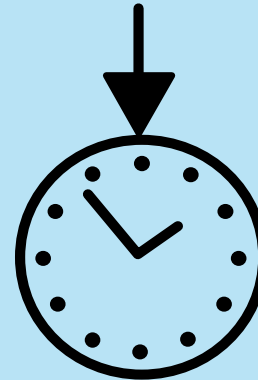
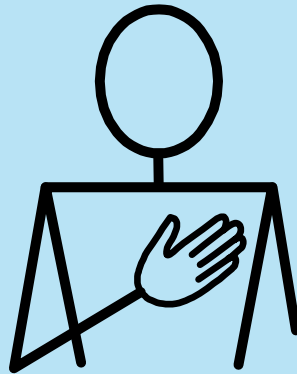
ashamed



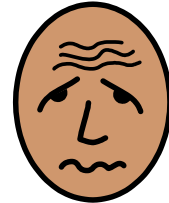
scared



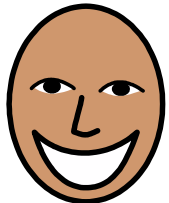
good



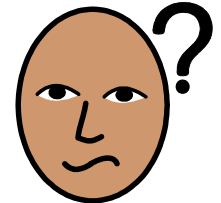
How do you feel now?



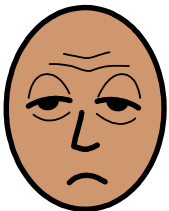
worried



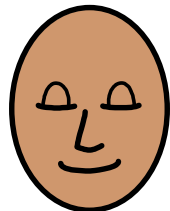
happy



unsure



tired



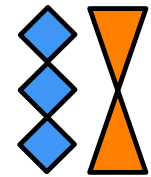
calm



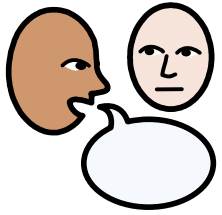
better



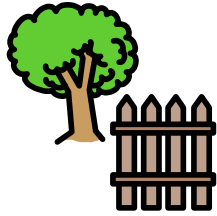
okay



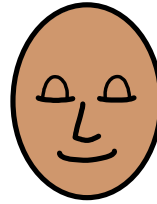
something different



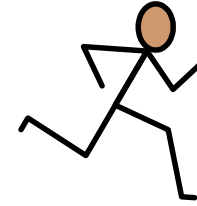
talk to an adult



ask to go outside



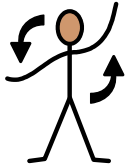
go to a calm space



go for a run



get a fidget toy

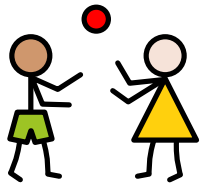


physical checklist

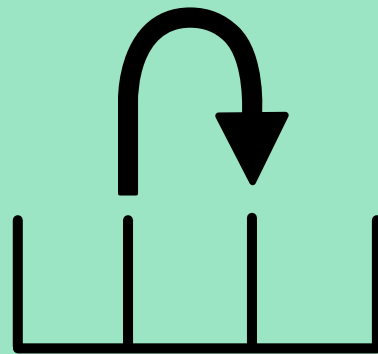


1 2 3

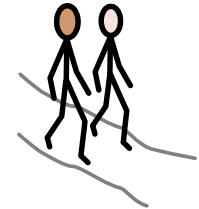
count to 10



play with someone else



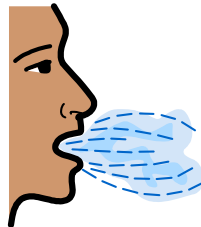
Next time I could...



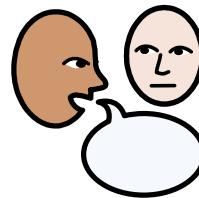
walk away



ask for help



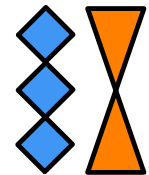
take deep breaths



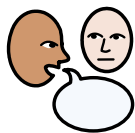
tell someone how I feel



have a drink



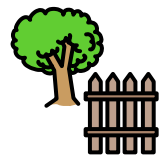
something different



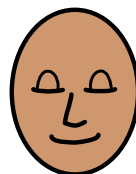
to talk to an adult



to go



outside



to go to a calm space



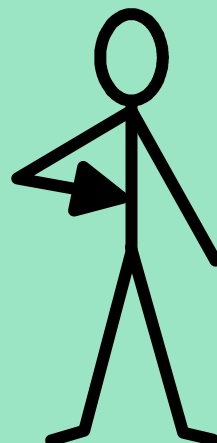
to go for a run



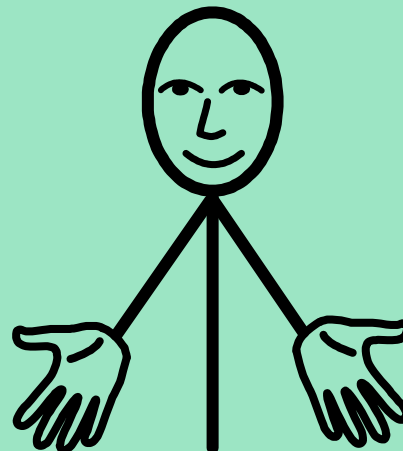
to get a fidget toy



my physical checklist



I

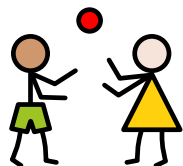


need...

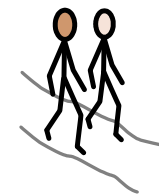


1 2 3

to count to 10



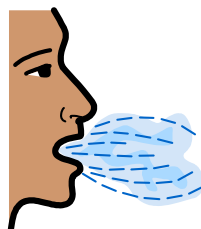
to play with someone else



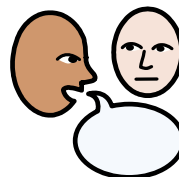
to walk away



help



to take deep breaths



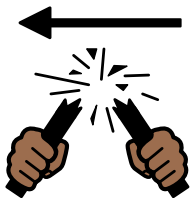
to tell someone how I feel



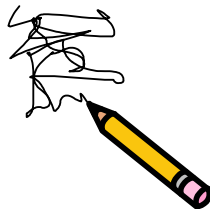
to have a drink



something different



broke something



scribbled on something



hurt

an



adult



hurt

a



child



was unsafe



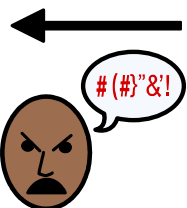
took my clothes off



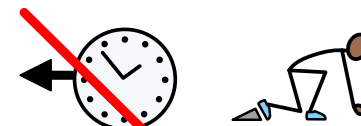
What happened?



wasn't respectful



swore

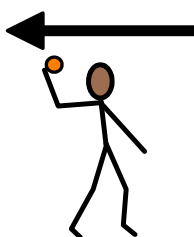


wasn't

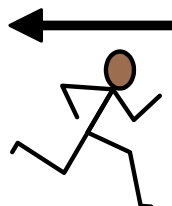
ready



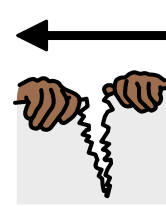
didn't listen



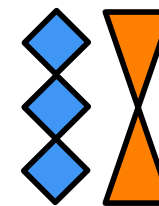
threw something



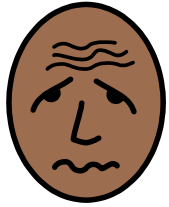
ran off



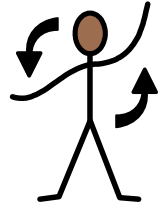
tore my work



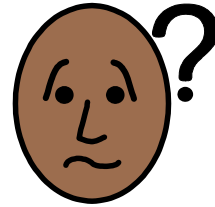
something different



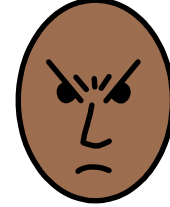
worried



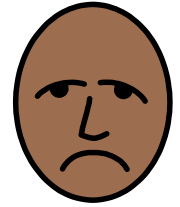
fidgety



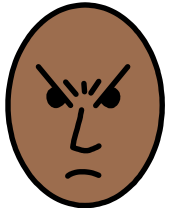
confused



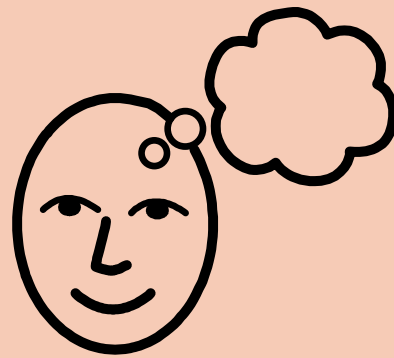
angry



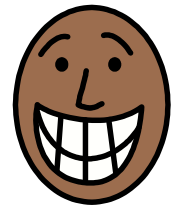
sad



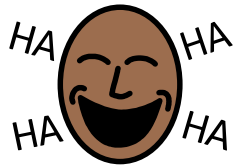
irritated



What were you thinking or feeling?



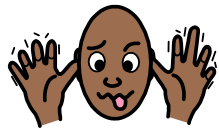
excited



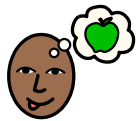
giggly



distracted



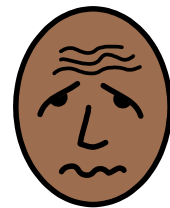
silly



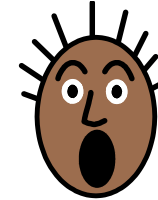
hungry



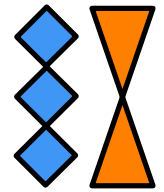
thirsty



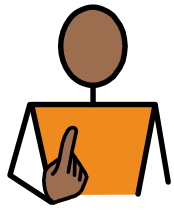
anxious



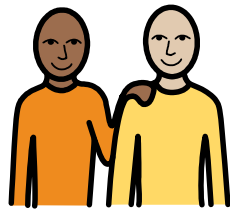
scared



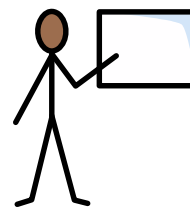
something different



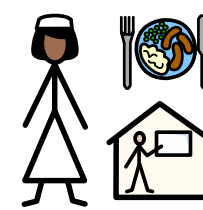
me



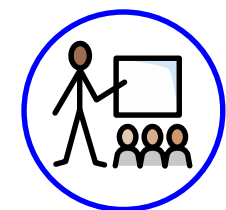
a friend



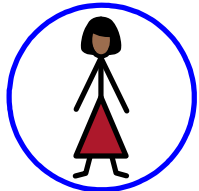
a teacher



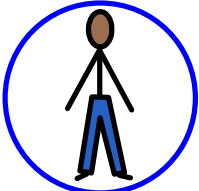
a MDS



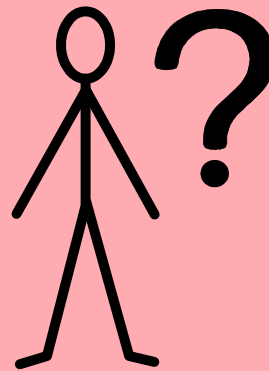
my class



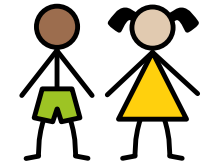
my mum



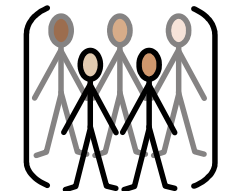
my dad



Who has been affected?



other children



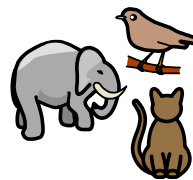
group



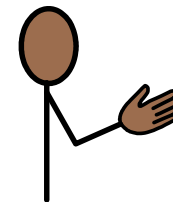
my family



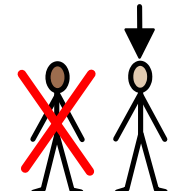
people in the community



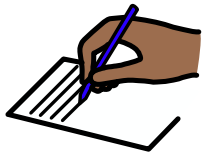
animals



my carer



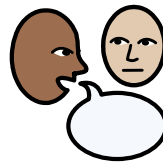
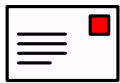
someone else



write it down



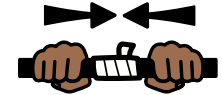
write a letter



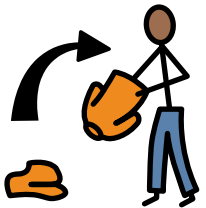
talk to someone



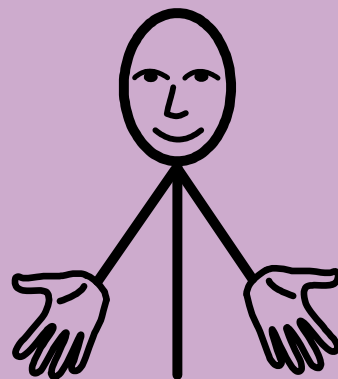
say sorry



fix something



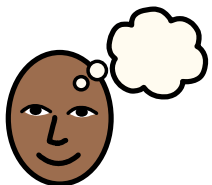
get dressed



What needs to happen to put it right?



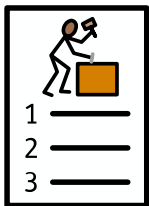
tidy up



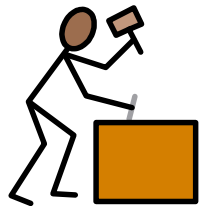
have thinking time



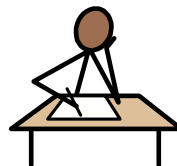
clean something



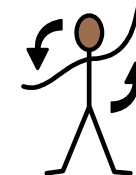
make a plan



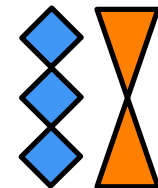
practise



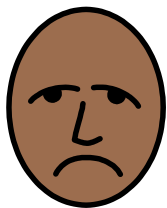
finish my work



get energy out



something different



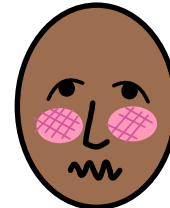
sad



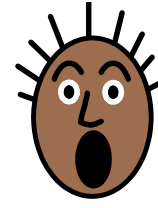
sorry



guilty



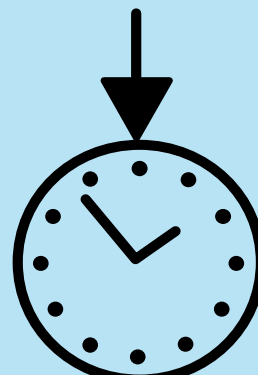
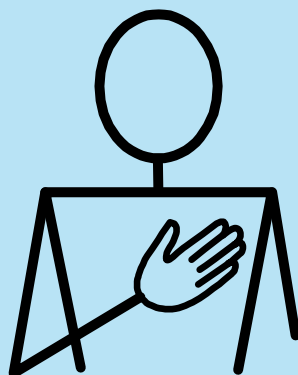
ashamed



scared



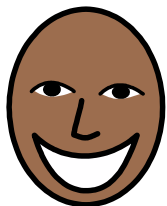
good



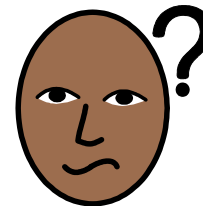
How do you feel now?



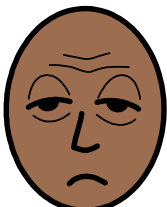
worried



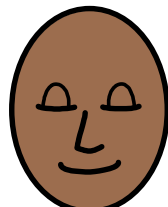
happy



unsure



tired



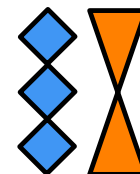
calm



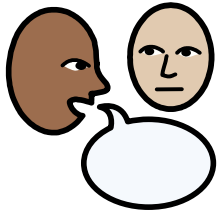
better



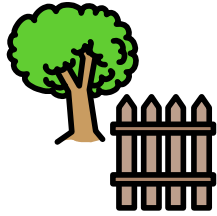
okay



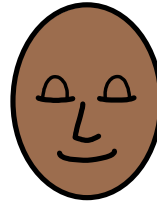
something different



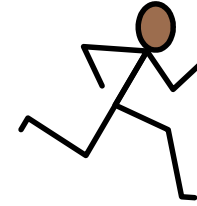
talk to an adult



ask to go outside



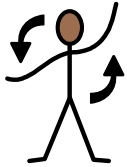
go to a calm space



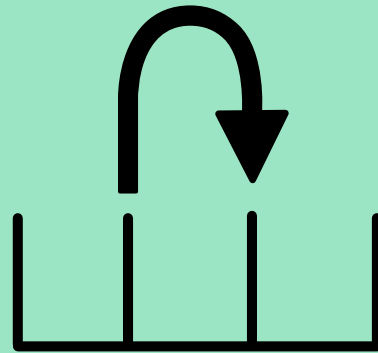
go for a run



get a fidget toy



physical checklist

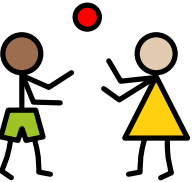


Next time I could...

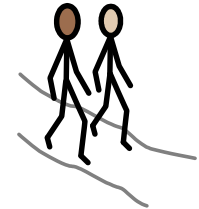


1 2 3

count to 10



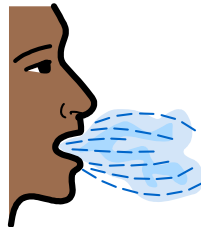
play with someone else



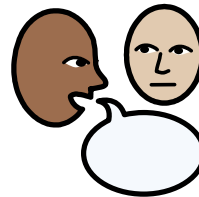
walk away



ask for help



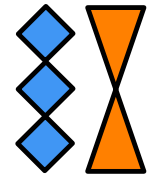
take deep breaths



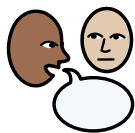
tell someone how I feel



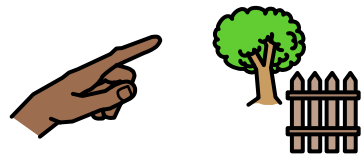
have a drink



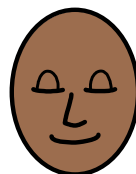
something different



to talk to an adult



to go outside



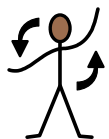
to go to a calm space



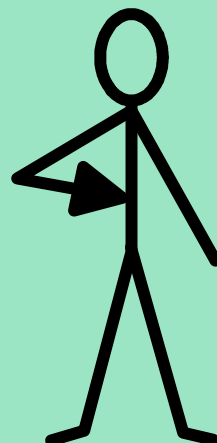
to go for a run



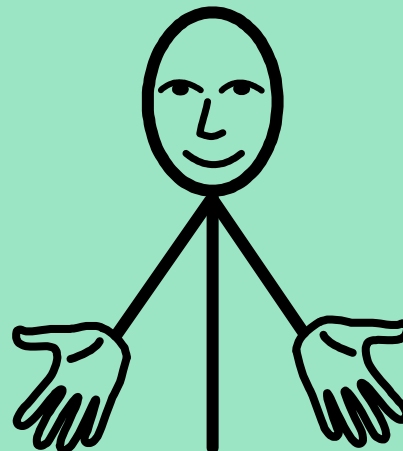
to get a fidget toy



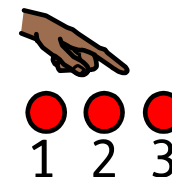
my physical checklist



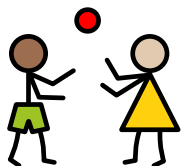
I



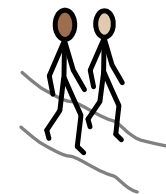
need...



to count to 10



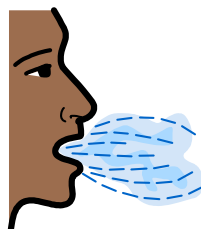
to play with someone else



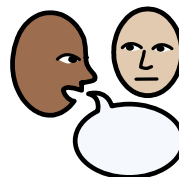
to walk away



help



to take deep breaths



to tell someone how I feel



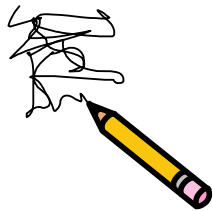
to have a drink



something different



broke something



scribbled on something



hurt

an



adult



hurt

a



child



was unsafe



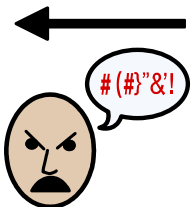
took my clothes off



What happened?



wasn't respectful



swore



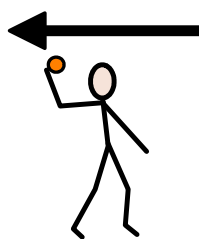
wasn't



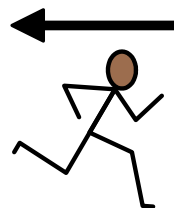
ready



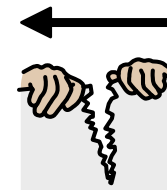
didn't listen



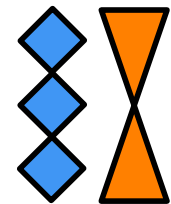
threw something



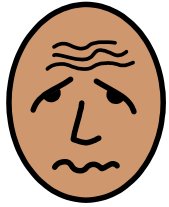
ran off



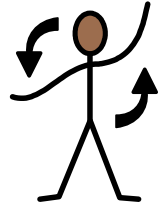
tore my work



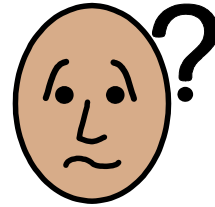
something different



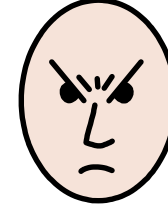
worried



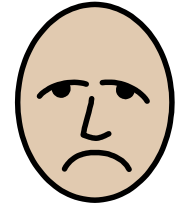
fidgety



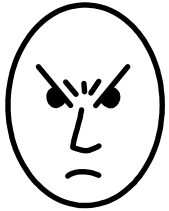
confused



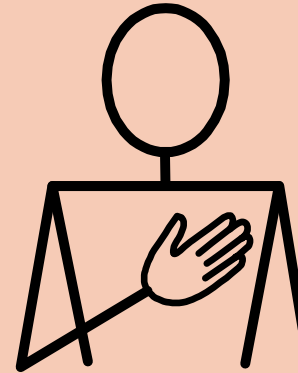
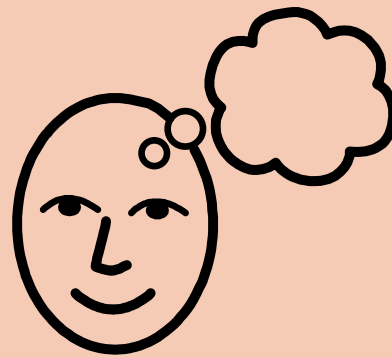
angry



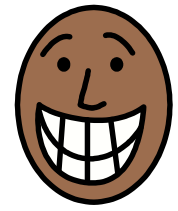
sad



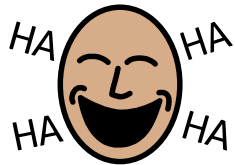
irritated



What were you thinking or feeling?



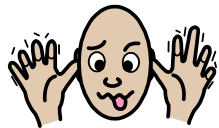
excited



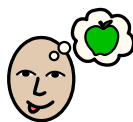
giggly



distracted



silly



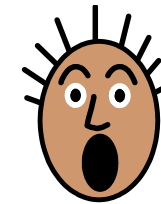
hungry



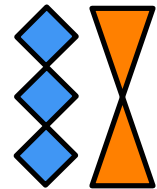
thirsty



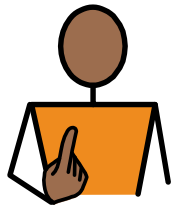
anxious



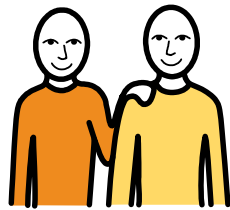
scared



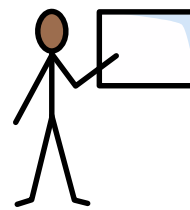
something different



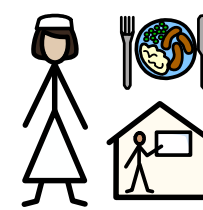
me



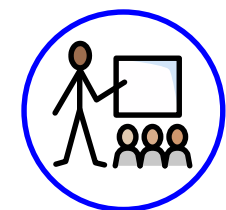
a friend



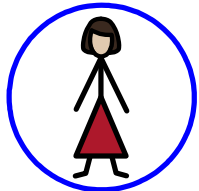
a teacher



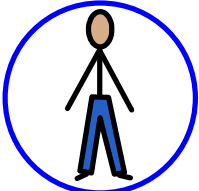
a MDS



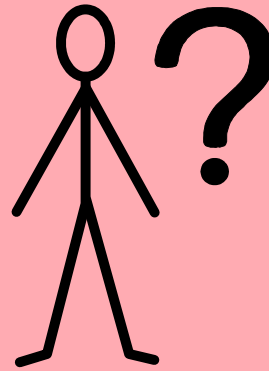
my class



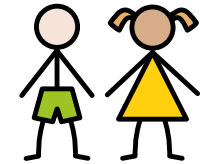
my mum



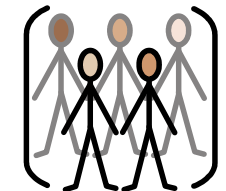
my dad



Who has been affected?



other children



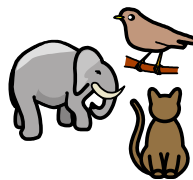
group



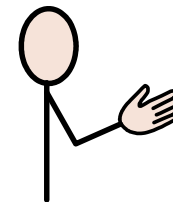
my family



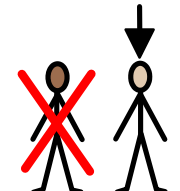
people in the community



animals



my carer



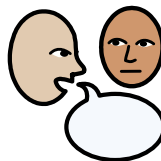
someone else



write it down



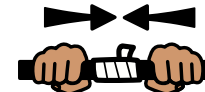
write a letter



talk to someone



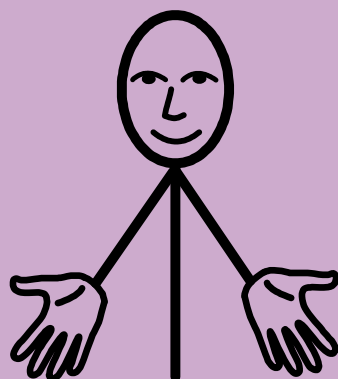
say sorry



fix something



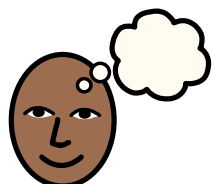
get dressed



What needs to happen to put it right?



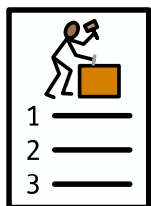
tidy up



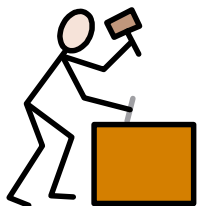
have thinking time



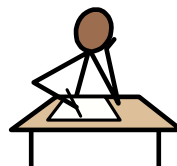
clean something



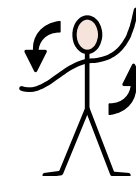
make a plan



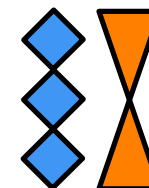
practise



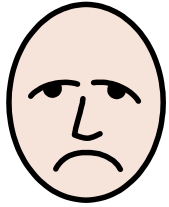
finish my work



get energy out



something different



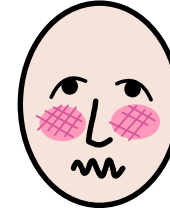
sad



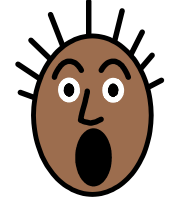
sorry



guilty



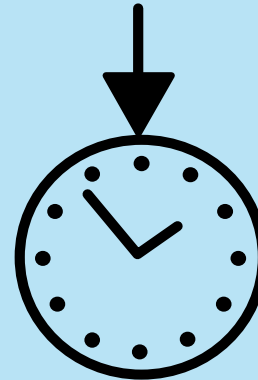
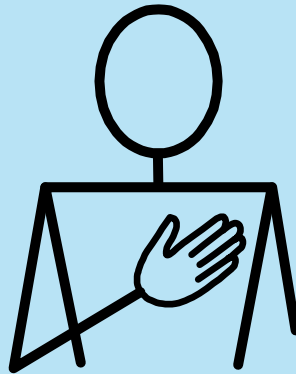
ashamed



scared



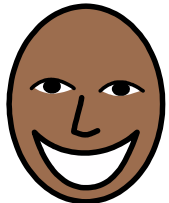
good



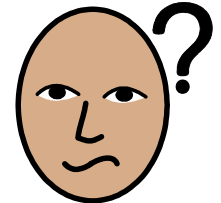
How do you feel now?



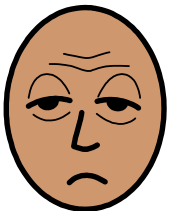
worried



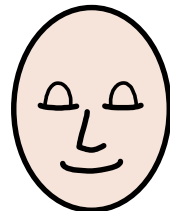
happy



unsure



tired



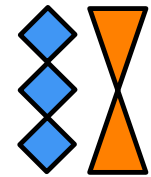
calm



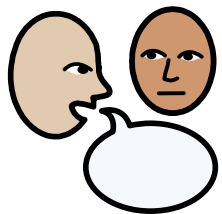
better



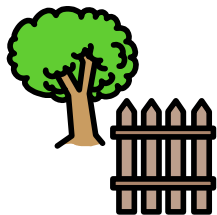
okay



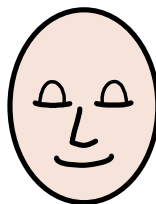
something different



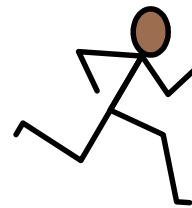
talk to an adult



ask to go outside



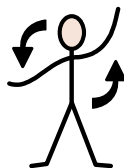
go to a calm space



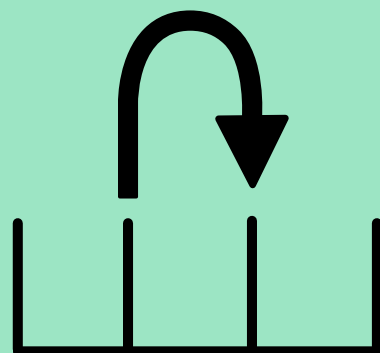
go for a run



get a fidget toy



physical checklist

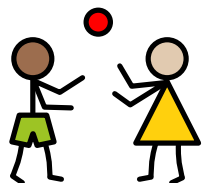


Next time I could...

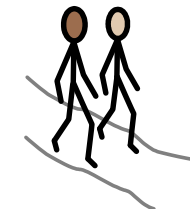


1 2 3

count to 10



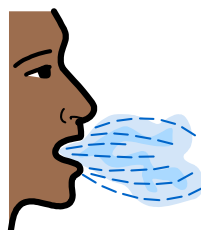
play with someone else



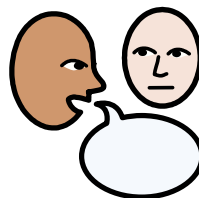
walk away



ask for help



take deep breaths



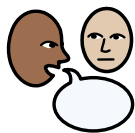
tell someone how I feel



have a drink



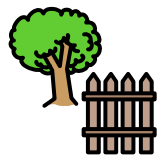
something different



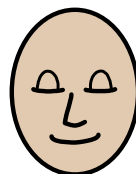
to talk to an adult



to go



outside



to go to a calm space



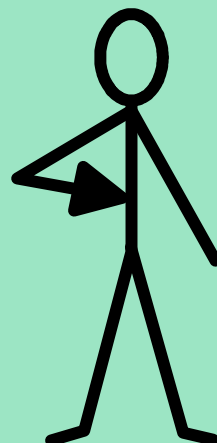
to go for a run



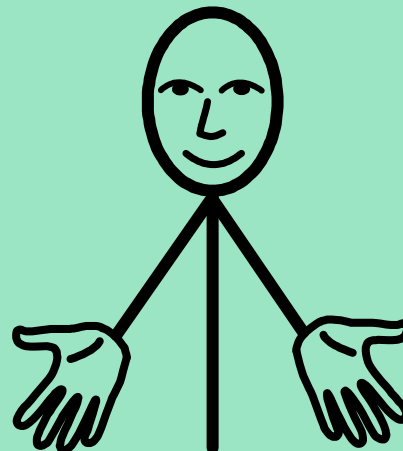
to get a fidget toy



my physical checklist



I

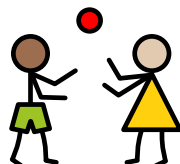


need...

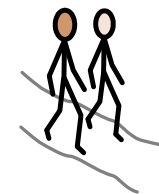


1 2 3

to count to 10



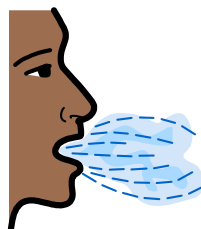
to play with someone else



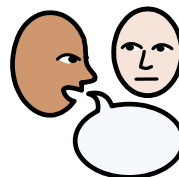
to walk away



help



to take deep breaths



to tell someone how I feel



to have a drink



something different